

The 5-4-3-2-1 Grounding Exercise

5

things you can see

Look around and notice details in your surroundings.

4

things you can touch

Focus on textures, temperature, or sensations under your hands or feet.

3

things you can hear

Tune in to nearby sounds like birds, wind, or distant traffic.

2

things you can smell

Identify scents in the air or bring something close (like your shirt or tea).

1

thing you can taste

This could be a sip of water, gum, or simply noticing the taste in your mouth.

mindfulness